

Girls BeeFit

Middle School Girls BeeFit Running Club

Research by the Women's Sports Foundation reveals that active girls are more likely to have a positive body image, increased confidence, and higher self-esteem. Simply moving and playing are fundamental solutions for many of the serious health and social problems faced by girls.

GirlsBeeFit (GBF) is an eight week **after-school physical fitness program** for girls in fifth and sixth grade. Girls will participate in an hour of physical activity consisting of a warm up, running/fitness activity, and a cool down. The girls need to wear appropriate workout clothes, such as shorts, t-shirt, and running shoes, to school on GBF days. There is an opportunity for girls to change between dismissal and 3:20. Most importantly, this program will help promote self-confidence, good health practices, and academic achievement.

At the program's conclusion, the girls will complete the Trick-or-Trot, a 5K (3.1 mile) running event. Trick-or-Trot is a Halloween-themed 5K run sponsored by the Kiwanis Club of Brecksville. The race is scheduled to be held on Saturday, October 26 at Oak Grove Pavilion.

Timeline for the Fall 2019 Season:

- Registration materials will be available on Friday, August 16 in the counseling office. Girls can also stop in the counseling office and get a form during the school day.
- Registration ends on Thursday, August 29, 2019.
- Fall season begins on Thursday, September 5 and concludes on Thursday, October 24.
- Program will run from 3:20 – 4:30pm on Mondays and Thursdays at the Middle School.
- 5K event is Saturday, October 26 at 9:00 AM

Program Fees: \$30/per participant. Includes the 8-week program, a technical t-shirt, and the 5K race registration fee which includes a race t-shirt. Race registration forms will be completed by the girls during a GBF session.

Questions? Contact Denise Schwertle at schwertled@bbhcsd.org or Stacy Profitt at profitts@bbhcsd.org

How To Register: complete the following

1. **GBF Registration Form**
2. **Permission to Treat Form**
3. **Check written out to Middle School PSO for \$30.00**

Return completed forms, along with a check for \$30 payable to the Middle School PSO, to Middle School Office – Attention: GirlsBeeFit by Thursday, August 29, 2019.

Registration is limited to 60 participants so please get your money and paperwork in ASAP

Middle School Girls BeeFit Registration Form

Runner's Name _____

T-shirt size (circle one) : Youth Medium, Youth Large, Youth X-Large,
Adult Small

Grade _____

Teacher _____

Parent/Guardian

Name(s) _____

Primary phone _____ Email _____

My daughter _____ has my permission to
participate in Middle School Girls BeeFit Running Club.

Parent signature _____

Date _____

Please return:

1. This Middle School GBF Registration Form (both sides completed).
2. Permission to Treat Form
3. Check written out to Middle School PSO for \$30.00

Return all of the above completed forms and check to the Middle School Office-Attention: Girls Bee Fit by Thursday, August 29, 2019.

Physical (Medical) Disclosure Statement on reverse side must be completed, signed, and dated.

COMPLETE REVERSE SIDE

Physical (Medical) Disclosure Statement

My daughter _____

(please check below which best describes your situation)

_____ has a current physical on file which is due to expire

on _____

If physical expires prior to October 26, 2019, please indicate next appointment date

_____ has no restrictions/medical limitations

_____ has restrictions/medical limitations

Explain:

Parent Signature: _____

Date: _____

