

The daily struggles with sense of identity & judgment from peers can be difficult to overcome.

Girls on Track, for girls in 6th-8th grade, educates and prepares middle school girls for a lifetime of self-respect and healthy living.

*The middle school program allows for more mature processing around certain topics including eating disorders, internet safety, cyber bullying and tobacco/alcohol use.*

Fall and spring seasons are held at local middle schools, twice a week for 10 weeks, immediately after school for 75 minutes.

*The program is led by trained female volunteers and mentors. The season ends with a non-competitive 5K run/walk event which gives the girls a chance to shine and a sense of accomplishment.*

Each session begins with a lesson on healthy living and continues with fun games and activities that fit with the lesson. Each session ends with the exercise portion, running and/or walking.

**YOU DO NOT HAVE TO BE A RUNNER TO PARTICIPATE IN THE PROGRAM!**

You just need a desire to be physically active, a positive attitude and a willingness to be a GIRL ON TRACK!

*it's time to*  
**celebrate**  
*being a girl*

## Female Volunteers Needed!



As we served elementary school girls with the Girls on the Run program, it became apparent that there was an even greater need to support girls in middle school. Last fall, with a United Way Community Impact Grant, we began piloting Girls on Track in four middle schools.

The Girls on Track program delivers our message to young girls through volunteer coaches.

Our team of volunteers represent a dynamic group of women, including teachers, businesswomen, athletes, and mothers - all of whom possess a great enthusiasm for helping to prepare girls for a healthy and happy adolescence and adulthood.

Volunteer as a Girls on Track coach and lead lessons, games, activities and non-competitive running / walking workouts-all to enhance self-confidence!

- Women 18 & older welcome
- Training is provided
- Flexible schedule based on your availability
- 10 week seasons - we are currently looking for Spring volunteers. Meet with girls after school twice a week for 75 minutes
- Locations are available in Sioux Falls & surrounding area schools
- We say thank you with a FREE 3-month membership to the YWCA fitness center

To volunteer or receive more information contact:  
Heidi McCormick, GOT Coordinator, (605) 336-3660 ext. 230 Email: [hmccormick@ywca-sf.org](mailto:hmccormick@ywca-sf.org).



A signature program of the

**ywca**  
SIOUX FALLS



**After School Program  
Empowering 6th-8th Grade Girls  
from start to finish!**

YWCA • 300 W. 11th St. • Sioux Falls  
605.336.3660

Visit us online at [www.GOTRsiouxfalls.org](http://www.GOTRsiouxfalls.org)



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# Register today for 2012 Spring Season!



## 10 week Spring Season

Will begin in schools the week of  
March 1, 2012

5K run/walk event on May 5, 2012  
10am at Yankton Trails Park

### Spring programs will be held at these schools:

*(school involvement in GOT is dependent on  
availability of volunteers)*

#### Sioux Falls Public Middle Schools:

Memorial Middle School  
(Tues/Thurs; 3:55-5:10)

#### Sioux Falls Catholic Schools:

St. Lambert's—6th Grade  
(Wed./Fri; 3:15-4:30)

#### Other Sioux Empire locations:

Harrisburg Middle School  
(Tues/Thurs; 3:30-4:45)  
Brandon Valley Middle School  
(Tues/Thurs; 3:30-4:45)



# Join Girls on Track today!

The program is FIRST COME, FIRST SERVED and limited to 15 girls per school site  
**Registration Begins: January 18, 2012 and Registration deadline: February 15, 2012**

Participant's name \_\_\_\_\_ Age \_\_\_\_\_ Birth date \_\_\_\_\_  
Please print legibly

School/Site \_\_\_\_\_ Grade \_\_\_\_\_

Parent's name \_\_\_\_\_

Address \_\_\_\_\_

City \_\_\_\_\_ Zip \_\_\_\_\_

Contact phone \_\_\_\_\_ Email \_\_\_\_\_

Circle T-shirt Size: Youth M Youth L Adult S Adult M Adult L Adult XL

How did you hear about Girls on Track? \_\_\_\_\_

**We will not turn girls away based on inability to pay. If you are in need of financial assistance, please call Heidi at 336-3660 ext. 230.** Please CIRCLE the appropriate fee and enclose cash, check or credit card information when returning your registration form.

#### Sliding Fee Scale:

Total Household Income*	Program Fee**
Less than \$30,000	\$25
\$30,001—\$40,000	\$50
\$40,001—\$50,000	\$75
Over \$50,000	\$100

\*Total Household Income = total income of all parents or guardians in the household

\*\*Fee includes 20 lessons, healthy snacks, trained coaches, end of season awards, program t-shirt, water bottle, 5K event entry

**I certify that the above information is correct, and I agree to have my daughter participate in all Girls on Track**

**activities March –May 2012** \_\_\_\_\_

Parent's signature

Date

Cash/Check enclosed \_\_\_\_\_ Credit Card \_\_\_\_\_ (enter number below)  
Make checks payable to YWCA/Girls on the Run

Visa/MasterCard Card # \_\_\_\_\_ Exp date \_\_\_\_\_

**Note:** Refunds will only be given with a doctors note or if moving out of Girls on the Run territories.  
A 10% administrative fee will be deducted from all refunds.

Please return registration form and fee to:  
YWCA Attn: Girls on Track 300 W 11th St. Sioux Falls, SD 57104  
Fax: 605-336-2238 •Credit Card Orders 336-3660

