

# Girls BeeFit

## Central 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 4<sup>th</sup> and 5<sup>th</sup> grade. Girls will spend approximately 30 minutes in a structured, supportive study environment and the goal will be to complete one homework assignment. Following the homework period, girls will participate in an hour of physical activity consisting of a warm up, running/fitness activity, and a cool down. We strongly encourage girls 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 clothes during the homework time; however, it takes away from the time to work on homework and can be time consuming due to the need for supervision and the minimal settings available for changing. Most important 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 28 with the location to be determined.

### **Timeline for the Fall 2017 Season:**

- Registration ends Thursday, August 31
- Fall season begins on September 5 and concludes October 26
- Program will run from 3:15 – 5:00pm on Tuesdays and Thursdays at Central School
- 5K event is Saturday, October 28 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 distributed as soon as available.

**Questions?** Contact Denise Schwertle at [schwertled@bbhcsd.org](mailto:schwertled@bbhcsd.org) or Stacy Proffitt at [proffitts@bbhcsd.org](mailto:proffitts@bbhcsd.org)

### **How To Register: complete the following**

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

All forms are available at <http://www.centralschoolpso.com>.

Return completed forms, along with a check for \$30 payable to the Central School PSO, to Central School Office – Attention: GirlsBeeFit by Thursday, **August 31, 2017.**

*If you don't have access to a computer, forms are available in the Central School office.*

**Central 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) \_\_\_\_\_

Cell phone \_\_\_\_\_ Primary Email \_\_\_\_\_

My daughter \_\_\_\_\_ has my permission to participate in  
Central's Girls BeeFit Running Club.

Parents signature \_\_\_\_\_

**Please return:**

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

**Return all of the above completed forms and check to the Central School  
Office-Attention: Girls Beefit by Thursday, August 31**

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

**Physical (Medical) Disclosure Statement**

My daughter \_\_\_\_\_ has a current physical on file at with  
Dr. \_\_\_\_\_ at \_\_\_\_\_ (name of  
medical practice). My daughter has no physical activity restrictions. This physical is due  
to expire on \_\_\_\_\_.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_

**OR**

My daughter is scheduled for her medical physical on \_\_\_\_\_ (date)  
with Dr. \_\_\_\_\_ at \_\_\_\_\_ (name of  
practice). I will submit confirmation of this physical upon completion. My daughter has  
no physical activity restrictions at this time.

Parent Signature: \_\_\_\_\_ Date: \_\_\_\_\_