



**POWER**

explosive bursts of muscular movements creating faster reaction times



**AGILITY**

moving quickly and easily, nimble in the ability to change directions efficiently



**STRENGTH**

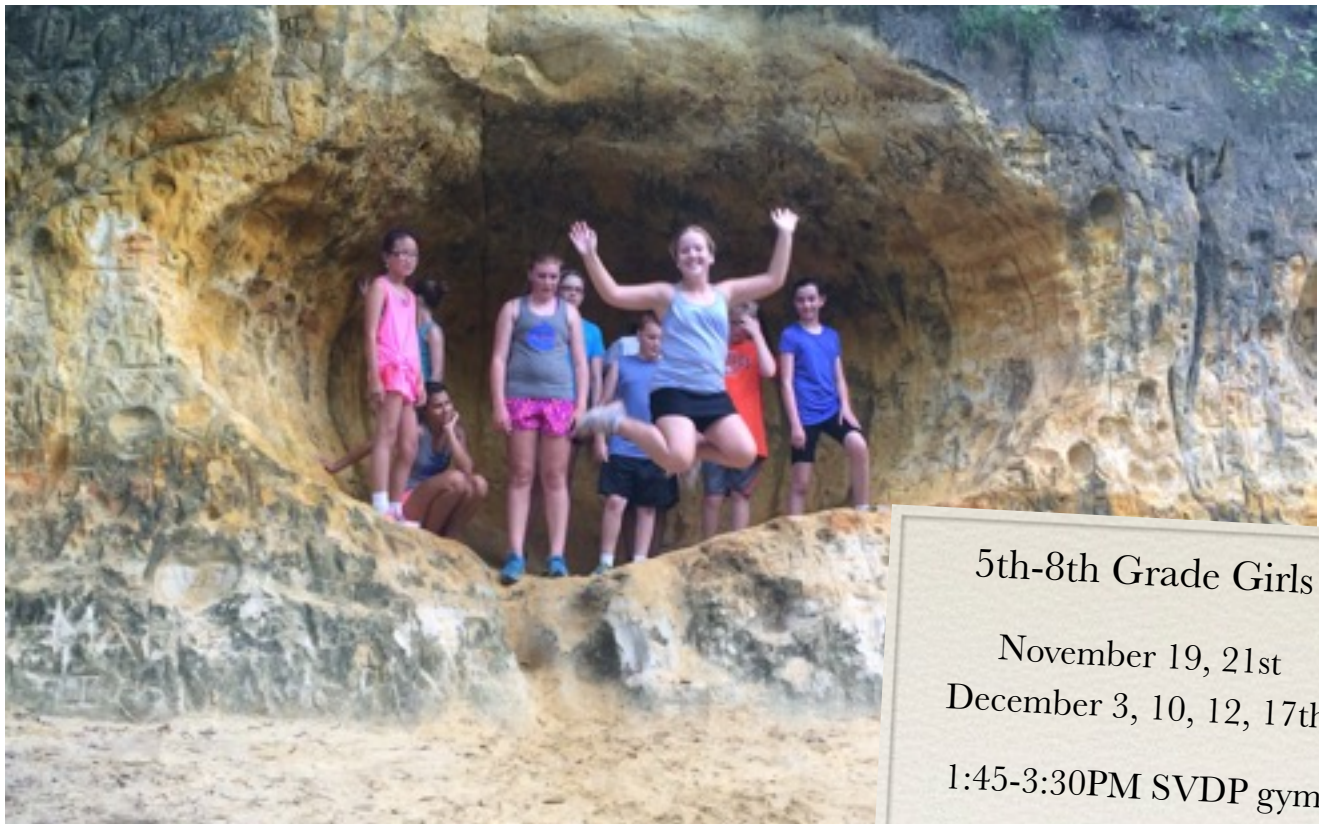
safe development of a strong musculoskeletal system to promote health and fitness



**CHARACTER**

a collection of disposition, compassion, trustworthiness, mutual respect & responsibility

# GIRL POWER!



5th-8th Grade Girls  
November 19, 21st  
December 3, 10, 12, 17th  
1:45-3:30PM SVDP gym

## SHE is WORTH it!!!!

Respectful. Deliberate. Healthy. Strong. Characteristics that define *Girl Power!* Six - 105 minute classes with key elements to support personal success, independent victory and focused and purposeful fitness. *Girl Power* is a fabulous class for girls grades 5-8th who are looking to apply healthy and nutritional concepts in a physically challenging environment. Developing personal goals that empower positive lifestyle choices.

**"Your body is a temple of the Holy Spirit"**

**1 Corin 6:1-20**

# Jake Schauer

New and exciting this year, is a dynamic, passionate addition to the Generation Endurance team, Jake Schauer! Jake is a St Vincent de Paul, Totino Grace and soon to be St Thomas graduate who purposely lives his life and honors his body as a temple given to him from the Holy Spirit. Jake brings a fresh approach to GE with his historical experience as an Eagle football and track and field all-star as well as a strength and speed coach. In May, Jake will graduate with a degree in Public Health and Health Promotion and is excited to provide opportunities for your

daughter to gain an added perspective on embracing a purpose filled life. I am confident in his ability to *improve, engage, inspire* and motivate your daughter to a personal triumph. We hope you will join us for *Girl Power 2014!*



## REGISTRATION

Student's Name: \_\_\_\_\_ Grade/Age: \_\_\_\_\_  
Email Address: \_\_\_\_\_  
Cell Contact: \_\_\_\_\_  
Emergency Contact \_\_\_\_\_  
Allergies: \_\_\_\_\_  
Parent's Signature: \_\_\_\_\_

5th-8th grade Girls: Fee \$141 (credit card or check payable to Generation Endurance)

VISA / MC NUMBER \_\_\_\_\_  
Exp Date \_\_\_\_\_ Sec Code \_\_\_\_\_  
3 dig code on back of card \_\_\_\_\_ Zip Code \_\_\_\_\_

REGISTRATION DUE BY FRIDAY, November 14th, 2014  
Questions? Please contact PamBaker@GenerationEndurance.com

\*\*signature also releases GENERATION ENDURANCE to utilize photo's for future flyer and web release, unless otherwise noted by parent



6 sessions aimed at enhancing fitness knowledge, physical challenge, powerful nutrition and goal setting in an effort to promote health and attenuate the onset of diseases.

## GIRL POWER!!!



# Waiver & Release

I, \_\_\_\_\_ hereby grant my permission for my child \_\_\_\_\_ to participate in the  
(parent or guardian) (child's name)  
prepared activities, developed by Generation Endurance between **Sept, 2014 through June 6th, 2015.**

## Description of Potential Risks:

I understand that engaging in aerobic conditioning may result in irregular heart rhythms, abnormal blood pressure changes, light-headedness, dizziness, fainting, chest pain, and other discomforts. In rare cases, a heart attack, a stroke, or even death may occur. If adequate warm-up, gradual progression, and safety procedures are not followed. In consideration of my child's participation, I understand that participation in the described activity may lead to musculoskeletal strains, pain and injury. I agree to indemnify Generation Endurance and volunteer group leaders from the University of Minnesota shall from any claims or lawsuits brought by myself, my child or arises out of any behavior by my child at the programming events. Generation Endurance and volunteer group leaders will not be held liable for any damages arising from personal injuries sustained by the participant while and during the training program. Injuries are often a part of physical activity. I also agree to pay reasonable attorney fee's or expenses incurred by Generation Endurance in defense of such a claim/lawsuit.

I hereby fully and forever release and discharge Generation Endurance and volunteer group leader(s), its assigns and agents from all claims, demands, damages, rights of action, present future therein.

I understand and warrant release and agree that my son/daughter is in good physical condition and that they have no disability, impairment or ailment preventing them from engaging in active or passive exercise that will be detrimental to heart, safety, comfort, or physical condition.

I understand that my child must have had a recent physical checkup and physician's permission to engage in aerobic and/or anaerobic conditioning.

## Description of Potential Benefits:

I understand that participation in a regular exercise training program will often result in numerous health benefits such as reduced blood pressure, reduced risk of Coronary Heart Disease, improved body composition, reduced risk of diabetes, and increased energy. Typically, with continued exercise, increases in aerobic capacity, heart and lung capacity and improved circulation are also observed.

**The undersigned further grants full permission to Generation Endurance to use any photographs of this program for further promotion and development of the program itself.**

## Please Read the Following Statements Carefully and Initial

\_\_\_\_\_ I acknowledge that I have read this form in its entirety or it has been read to me, and I understand my responsibility in this training program that I will be engaged in. I accept the risks, rules and regulations set forth and consent to the participation.

\_\_\_\_\_ I, for myself and my heirs, fully release from liability and waive all legal claims against Generation Endurance and group volunteers for injury or damage that I might incur during this community program.

Name (signed) \_\_\_\_\_

Name (printed) \_\_\_\_\_

Date \_\_\_\_\_

