

More Than Pink 2020

More Than Pink is a program designed for girls who have completed third through sixth grade to empower themselves and each other. This 7-week program innovatively weaves training for a 5K run with lessons that empower girls to celebrate their bodies, honor their voices and embrace their gifts. All athletic types are welcome. **Registration deadline is May 8th, however space is limited so please register early.**

A More Than Pink day consists of 60 minutes of physical activity, a Topic Talk lesson and group time. Tuesdays and Wednesdays will be running days, so we will start our day at Wescott Field and then walk to Pacelli. Thursdays will be group fitness days. This is a 7-week program that meets 3 days per week. Topics include: self-worth, body image, nutrition, puberty, peer pressure and more. Community partners will speak with girls on a Topic Talk lesson in their field of expertise.

More Than Pink Goals:

1. To help girls grow and develop physically, mentally, and socially with local community support.
2. To empower girls to be true to themselves-at home, school, self-image, friends, and activities. Provide resources and tools to help them not succumb to peer pressure, live with less stress, and become who they want to be.
3. To measure fitness goals throughout 7-week program. Each girl will have the ability to improve their fitness levels and increase knowledge and awareness of how important fitness is to one's health.

While More Than Pink works around summer schedules, camps and vacations, attendance is still extremely important. We encourage families to limit the days the girls will be missing to 5 throughout the summer program.

On July 30th More Than Pink students will complete in a 5K at Todd Park starting at 6:00 pm. Community members can register for the 5K for \$25 and will receive a t-shirt. (MTP participants 5K participation is included in the MTP registration). This is not a competitive race but a celebration of empowerment and inspiration!

On July 31st, students who successfully complete the More Than Pink will go on a reward trip! More information will come as it gets closer.

Tuesdays-Thursdays, June 9th- July 30th (no class 6/30-7/2)

8:00am-11:00am at Pacelli

Optional lunch at Austin High School 11:00am-11:30am

Cost \$85 (Partial or full scholarships are available upon completion of our form)

Coordinated and operated by Austin Community Education ISD #492

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www.austin.k12.mn.us

Register online at <http://austin.revtrak.net>

Find us on Facebook at <https://fb.me/AustinMoreThanPink>



More Than Pink Registration Form

Child's Full Name: _____ Grade (2019-2020): _____

Parent/Guardian's Name: _____

Phone (cell)*: _____ *This number will be used to send messages through Remind

Parent Email: _____

Mailing Address: _____

City: _____ State: _____ Zip Code: _____

Emergency Contact Name: _____

Phone: _____ Relationship to child: _____

Tank Top Size: Youth Medium Youth Large Youth XLarge Adult Small Adult Medium
 Adult Large Adult XLarge Adult XXLarge

Is there any medication your child may need at MTP? Yes No If yes, additional forms must be completed by the prescribing physician and parent-Available Upon Request

Is there any special concerns or medical conditions that we need to be aware of? Yes No If yes, please explain: _____

WAIVER: Knowingly and at my own risk, I hereby release Austin Community Education, ISD #492 and any organizations or individuals associated with the event from any responsibility for injuries or damages that I may suffer as a result of my participation in this event. I verify that I have full knowledge of the event, and certify my compliance by my signature below. I also understand that all entry fees are non-refundable.

In the case of an emergency involving the above-named child, I authorize the More Than Pink program to use the Austin Medical Center Emergency Room for emergency medical treatment, if I cannot be reached. I authorize More Than Pink staff to call 911 to seek emergency care if deemed necessary and I will pay the charges.

More Than Pink staff, representatives of Austin Public Schools, or media personnel photograph students while they are attending More Than Pink. Parents/guardians not wanting their child's picture published, featured on the World Wide Web and/or social media sites and/or news media should notify More Than Pink, in writing.

PARENT/GUARDIAN SIGNATURE: _____ DATE: _____