

The YWCA of Cortland and SUNY Cortland Athletics invite girls from across the community to



# Girls' Day Out 2010

**A unique day of activities and great people to engage and motivate girls in grades 5-8 that includes:**

- Soccer, volleyball, gymnastics, dance, swimming, and rock climbing with SUNY Cortland women student athletes and coaches
- Interactive Career Fair • Watch Cortland hockey and gymnastics • Lunch & snacks included!

**When:** Saturday, January 30th from 9:30am – 4:30pm

**Location:** Park Center (PER Center) of SUNY Cortland

**Attire:** Comfortable clothes, clean/dry sneakers, swimsuits and towels if interested in swimming. Leave valuables at home.

**Cost:** \$7.00 discount rate if received by January 20th (after January 20th price is \$10.00) Lunch and snacks are included in price. Make checks payable to YWCA of Cortland

**Register:** Return the form below and payment to the YWCA of Cortland

**Register by January 20th and Receive a Free T-Shirt!**

For more information and scholarship opportunities, contact the YWCA of Cortland at 753-9651 or amy@cortlandywca.org. Schedule of events is available from school counselors or online at [www.cortlandywca.org](http://www.cortlandywca.org).

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## 2010 Girls' Day Out Registration Form

First Name \_\_\_\_\_ Last Name \_\_\_\_\_

School \_\_\_\_\_ Grade \_\_\_\_\_ Age \_\_\_\_\_

Emergency Contact Name \_\_\_\_\_ Emergency Contact Telephone \_\_\_\_\_

Mailing Address \_\_\_\_\_

T-Shirt Size (all sizes are adult) \_\_\_\_\_ Small \_\_\_\_\_ Medium \_\_\_\_\_ Large \_\_\_\_\_ X-Large

Does the girl have any allergies or accommodation needs? (please explain) \_\_\_\_\_

Parent or Guardian Consent: Photographs may be taken on the day of the event. Please indicate your permission for release of images of your child (e.g., YWCA website or newsletters) by signing here \_\_\_\_\_.

**Return this form with your \$7.00 payment to the YWCA of Cortland,  
14 Clayton Avenue, Cortland NY 13045**

**Remember: Discounted rate of \$7.00 is only available until January 20th. Sign up today!**