

# SLIPPERY ROCK UNIVERSITY'S ANNUAL YOUNG WOMEN AT THE ROCK DAY

*Sponsored by the President's Commission for the Status of Women*

**THURSDAY, APRIL 16th, 8:00 am – 4:00 pm**

## **Greetings Slippery Rock University Faculty and Staff:**

Slippery Rock University invites you to participate in our annual “Young Women at the Rock Day” on Thursday, April 16, 2009. This is Slippery Rock University’s version of Take Your Daughter to Work Day and is sponsored by the President’s Commission for the Status of Women.

We have a great day planned for the girls this year! We invite daughters of faculty and staff between the ages of 8 – 16 to participate. The day will begin in the Welcome Center in North Hall and end in the University Union. Also, parents or guardians are invited to join us for lunch in Boozel Dining Hall.

Please check the enclosed copy of the exciting schedule we have planned for the girls beginning with ***Breakfast with the Provost***. They will then move to Morrow Field House to interact with SRU professors and students as we explore **Teaching Fitness and Physical Education**, then discover **Physical Activity – No Boundaries**, and learn about our **Aquatics Program** before touring the Storm Harbor Equestrian Center. After lunch it’s off to Rock Climbing and recreation at the ARC before going to the Union – where it’s time for **Experiencing Dance** with Thom Cobb, personalizing their own tote bag, and creating a healthy and fun snack to take home.

If you have any questions, please do not hesitate to call me at 724-738-4904. Please return both the registration form and waiver to:

Sis Warcup  
Physical Education Department  
109 Morrow Field House  
Slippery Rock, PA 16057

The **deadline to register is Monday, April 7<sup>th</sup>**. Registration and waiver forms are available at <http://www.sru.edu/pages/9976.asp>.

Sincerely,

*Sis Warcup*

Young Women at the Rock Sub-Committee  
President’s Commission for the Status of Women  
(Vonda Kuhn, Tina Moser, Cathie Sadler, Lisa Shea and Sis Warcup)

## Young Women at the Rock Schedule

Event	Location	Time
Welcome & Introductions	Admissions North Hall	8:00 – 8:15
Breakfast with the Provost *Dr. Williams	Admissions North Hall	8:15 – 8:45
Career Exploration – *Teaching Fitness & Physical Education with FIT Club / Dr. Nichols *Adapted PE w/wheelchairs with Dr. Arnhold *Aquatics Program– Pool & Under Pool with Dr. Kovacs	Morrow Field House	9:00 – 10:30  Rotate in 3 groups
Career Exploration – *Equestrian Science with Courtney Gramlich and staff	Storm Harbor Equestrian Center	10:40 – 11:20
Lunch Parents invited to join girls Reservations required	Boozel Dining Hall	11:30 – 12:30
Recreation at the ARC *Rock Climbing *Cooperative/team building games with FIT Club or PETE students	ARC	12:45 – 2:30
Creative Activities *Experiencing Dance with TC Cobb / SRU Dance students *Personalize tote bag to take home *Create your own health snack	University Union	2:30 – 4:00  Rotate in 3 groups