



Girls on the Run Program Returns to Clover Hill this Fall!

For 3rd, 4th and 5th Grade Girls

Meeting Dates: Twice a week on **Tuesday & Thursday** immediately after school, **3:00-4:30 p.m.**

Contact **Teacher** and **Head Coach, Crystal Schirmer** with questions: crystal_schirmer@ccpsnet.net

What is it? *We are NOT a running program. We are SO MUCH MORE!*

We are an **Active Positive Youth-Development Program for Girls!**

Girls on the Run is a curriculum-based, **after-school character development program** designed for 3rd – 5th grade girls of **ALL fitness and ability levels**. **The 10-week curriculum attempts to help each girl find and stay true to her REAL self.**

What we do: Groups of 15-20 girls meet twice a week with their trained, volunteer coaches to discuss important life lessons while playing integrative & fun running games. **Girls on the Run emphasizes independent thinking, making healthy choices, healthy group dynamics and problem solving. The curriculum stresses peer support and doing your best.** The program finishes with the girls running or walking in a 5K. The celebratory 5K is the Toys for Tots 5K on December 10th.

Program Dates: Meetings start **Tuesday, September 19th to December 10th**

Registration: Available online from the Greater Richmond GOTR Website gotrrichmond.org

Space is limited to 20 girls – registration is first-come, first- served. A wait list will be utilized once the team is full, and you will not be charged unless you are registered for the team.

Cost: \$185 / participant*

**Financial Aid via Scholarships are available based on need. Scholarship applications are available on our website programs and registration page. Supporting documents must be emailed for applications to be given consideration. Please apply for financial aid prior to trying to register.*

Program includes: GOTR program t-shirt, water bottle, healthy snack at every practice, 10 weeks of program materials and lessons delivered by certified GOTR coaches, 5k race entry, end of season 5k completion medal and a season of confidence enhancing lessons and activities your girl won't forget!

Celebratory 5k Date: **Sunday, December 10th**, Toys for Tots 5k in Innsbrook
Friends and family encouraged to join!

Girls on the Run of Greater Richmond

Email: info@gotrrichmond.org

Website: <http://gotrrichmond.org>