

# JOIN GIRLS ON THE RUN AT Westgate Elementary School!

Our program has been adapted to ensure physical distancing and safety. **In-person practices include safety, sanitizing, and physical distancing precautions.**

## WHAT IS GOTR?

10 week positive youth development program for girls in grades 3-6  
Team of 6-16 girls  
Girls will have fun, make friends, increase their physical activity, and learn important lessons to last a lifetime.  
Celebratory 5K event to end the season- open to friends and family!

## WHAT'S INCLUDED?

20 GOTR practices led by trained coaches  
An engaging program journal for girls to connect with lessons and themes  
Water bottle + Girls on the Run T-shirt  
Entry to a celebratory 5K and a medal!

## PROGRAM FEES

Standard Price: \$175  
Military Discounted Price: \$150  
Sibling Discounted Price: \$150  
Coach Family Discounted Price: \$110  
Reduced Lunch Discounted Price: \$75  
Free Lunch Discounted Price: \$22

**Payment plans & financial assistance available. We have never turned a girl away based on her inability to pay the registration fee.**

*Don't worry — we know circumstances can be hard during these challenging times. Our online program registration will ask some additional questions to apply for financial assistance when registering your girls for the program. Or, you have the option to fill out our [Financial Assistance Request Form](#) or call our office at 703-273-3153 to discuss with a member of our program staff.*

## REGISTER ONLINE

August 9 – September 7

[www.gotrnova.org](http://www.gotrnova.org)

## FALL 2021 SEASON

September 13 – November 21



## PRACTICE INFO

Location: Westgate ES

Days: Tues/Thurs

Time: 3:45 – 5:00 PM

Head Coach: Ashley Hughlett



## CONTACT FOR MORE INFO

Ashley Hughlett: [arhughlett@fcps.edu](mailto:arhughlett@fcps.edu)