

STRONG STARTS HERE



brain



heart



social



body



spirit



GIRLS ON THE RUN OF NOVA

Girls on the Run

Sponsored by:

- Youth development program for girls
grades 3-6
- Teams of 8-20 Girls
- 10-week curriculum teaches girls to be
strong, healthy, and confident
- Discuss topics like positive thinking,
standing up to peer pressure, positive
body image, and healthy relationships
- Celebratory 5K event to end the
season. Open to friends and family!

www.gotrnova.org

HOW TO REGISTER

Register online via our homepage:

www.gotrnova.org

February 6th

through

February 28th

Spring 2023 Season

March 5 - May 21

PROGRAM FEES & FINANCIAL ASSISTANCE

Standard Program fee: \$185

Coach Family Discount: \$120

Military Discount: \$160

**Sibling Discount: \$160 for second
child**

Fees for Qualifying Families with

Financial Need: \$22 or \$75

Season Details

Practice Location _____

On: _____ & _____

From: _____ to _____

Your Head Coach is: _____