

Strong Starts Here



brain



heart



social



body



spirit



Girls on the Run of NOVA

- 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 run** to end the season. Open to friends and family!

www.gotrnova.org

How to Register

Register online via our homepage
www.gotrnova.org

January 28

through

February 25

Spring 2019 Season

March 4 – May 19

Program Fees & Financial Assistance

Standard Program fee: \$175

Coach Daughter/Coach Family Discount: \$110

Military Discount: \$150

Sibling Discount: \$150 for second child

Fees for Qualifying Families with Financial Need: \$22 or \$75

Season Details

Practice Location: Wakefield Forest ES

On: Tuesdays & Thursdays

From: 7:00AM – 8:30AM

Your Head Coach is: TBD