

# Strong Starts Here



brain



heart



social



body



spirit



## Girls on the Run of NOVA Girls on the Run

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

## How to Register

Register online via our homepage  
[www.gotrnova.org](http://www.gotrnova.org)

**August 19**  
through  
**September 17**

**Fall 2019 Season**  
September 23–November 26

## Program Fees & Financial Assistance

**Standard Program fee:** \$175

**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 Elementary School

**On:** Tuesdays & Thursdays

**From:** 7AM to 8:30AM

**Your Head Coach is:** Kendal Dishek & Olivia Savage