

# Strong Starts Here



brain



heart



social



body



spirit



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

Sponsored by the Wakefield Forest  
PTA

- 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

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

## How to Register

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

**August 20**  
through  
**September 17**

**Fall 2018 Season**  
September 24 – December 7

## 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** \_\_\_\_\_ (site)

**On:** \_\_\_\_\_ & \_\_\_\_\_ (days)

**From:** \_\_\_\_\_ to \_\_\_\_\_ (time)

**Your Head Coach is:** \_\_\_\_\_