

# Strong Starts Here



brain



heart



social



body



spirit



Girls on the Run of NOVA

## Heart & Sole

Sponsored by the Wakefield Forest  
PTA

- Youth development program for **girls grades 6-8**
- Teams of **8-15 girls**
- **10-week curriculum** focuses on developing the five aspects of the whole girl: body, brain, heart, spirit, and social connection
- **Build connections** with others, practice communicating, expand awareness of others, and **develop important life skills** that make girls stronger and more confident
- **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 20**

through

**September 17**

**Fall 2018 Season**

September 24 – December 7

## Program Fees & Financial Assistance

**Regular Program Fee:** \$175

**Coach Daughter/Coach Family Fee:**  
\$110

**Military Discount:** \$150

**Sibling Discount:** \$150 for second child

**Fees for Qualifying Families with Financial Need:** \$22 (free-lunch eligible students) or \$75 (reduced-lunch eligible students)

## Season Details

Practice Location \_\_\_\_\_ (site)

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

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

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