



Joyful. Healthy. Confident.

POSITIVE OUTCOMES

Professionally designed, nationally recognized curriculum helps girls

Develop and improve **Competence**,

Feel **Confidence** in who they are,

Develop strength of **Character**,

Respond to others and themselves with **Care** and compassion,

Create positive **Connections** with peers and adults,

And make a meaningful **Contribution** to their community.

GOTR strives to create an impact on thought processes which lead to lifelong, positive values and behaviors. The long-term vision is healthy, confident women who can recognize their full potential, work toward their goals and achieve success.



GIRLS ON THE RUN CURRICULA



Girls do not have to be runners to participate; they need a willingness to try their best.

Each 20-lesson curriculum is divided into three parts:

Part 1: Self. Understanding themselves, their strengths and uniqueness and setting personal goals

Part 2: Team. Learning skills to foster leadership, team building, and cooperation

Part 3: Community. Examining their relationship to the community, including planning and completing a community service project

Each lesson focuses on a specific topic. At the heart of the program, and what distinguishes GOTR from other programs, are the discussions, which allow the girls to more fully explore thoughts, feelings and values... all while being physically active and having **FUN!**

Each season has a different curriculum. The principle philosophies and research for all curricula are the same. Some topics, activities and discussions vary to provide new learning opportunities.

Girls benefit whether it is their first season participating or their 6th! Each time strengthens their understanding of the concepts and their ability to use the tools beyond GOTR.

