



Girls on the Run is for **EVERY** girl.

DO YOU WANT TO



Meet new friends?



Accomplish big things?



Help others in your community?



Have so much fun?

JOIN *Girls on the Run!*

Registration Opens

February 8, 2022

Season Starts

Week of March 14th
Teams meet twice a week

End of Season Celebration

Saturday, May 14, 2022

Location:

Bath Elementary

Practice Days & Times:

Tues. 6:30-8pm & Sat. 10-11:30am

Open to girls in grade:

3rd - 5th grade

Contact:

Jerilynn Folino

jerilynn.folino@gmail.com

Register online at www.gotrneo.org or by phone at **(234) 206-0786**

Interested in being a volunteer? Please contact
Girls on the Run to learn how to get involved.

Registration fees are based on a sliding scale and scholarship funds are available to all participants in need.

Contact us at 234-206-0786 to learn more!

To ensure that all girls have equal opportunity to participate, a registration lottery will take place on February 14th. Registration will reopen on a first-come, first-served basis on 2/14/22 for sites with spots still available.

LEARN MORE AT www.gotrneo.org



@gotrnortheastohio

What is Girls on the Run?



Girls on the Run is a confidence-building journey that helps girls realize their inner and outer strength. The research-based curriculum empowers girls in 3rd through 8th grade to make healthy decisions through education and physical fitness. Each of the season's 16 lessons will include physical activities, group conversation, personal reflection, journaling and lots of fun!

Why Girls on the Run?

"This was her first time and she was very unsure at first. However, she loved each and every session and was so proud that she completed the 5K when she truly didn't think she could. Girls on the Run gave her the confidence to know she can do whatever she sets her mind to and overcome her fears."

- **GOTR Northeast Ohio Parent**

CONFIDENCE

95% of parents described their girl as confident after participating in GOTR

FUN

Girls have the opportunity to interact with other girls in engaging activities - 98% of girls said they have fun at GOTR practices

TEAMWORK

Through our trusted program, girls work together as a team to explore valuable lessons such as the importance of expressing their emotions and understanding their worth

What You Need to Know

- * COVID-19 health and safety policies in place for all in-person teams, including cleaning, mask wearing and social distancing
- * Coaches trained to create a safe space use physical activity and dynamic discussions to build social, emotional and physical skills in every lesson
- * Curriculum modifications to allow for both in-person and virtual lessons
- * Registration opens February 8th / Season starts the week of March 14th

Each girl will receive her own program t-shirt, personal journal/workbook, water bottle, and so much more!

LEARN MORE AT www.gotrneo.org