



Lakeside Elementary's New Fall Program for rising 3rd, 4th and 5th graders

Meeting Dates: Twice a week on **Monday & Wednesday**
immediately after school, **3:00-4:30 p.m.**

Contact Counselor and Site Liaison Julia Carney with questions:
jacarney@henrico.k12.va.us

What is it? *We are NOT a running program. We are SO MUCH MORE!*

We are an active positive- youth-development program for young girls!

Girls on the Run is a curriculum-based, **character development program** designed for 3rd – 5th grade girls of **ALL fitness and ability levels**. The 10-week intentional curriculum includes lessons that specifically target helping girls improve in **Competence, Confidence, Caring, Character, Connection, and Contribution**. Girls learn **specific skills** and **strategies** such as how to manage emotions, help others, make intentional decisions, and resolve conflict that they use at home, at school and with friends.

What we do: Groups of 10 to 20 girls meet twice a week with their trained, volunteer coaches to discuss important life lessons while playing integrative & fun running games. **GOTR emphasizes independent thinking, making healthy choices, healthy group dynamics and problem solving. The curriculum stresses peer support and doing your best.** The program finishes with the girls running or walking in a 5K. This season's celebratory 5K will be the Toys for Tots 5K in December.

Program Dates: Meetings take place from Monday, September 17th to Sunday, December 9th

Registration: Available online from our website **August 1st at 7 a.m.** <http://gotrrichmond.org>

Space is limited to 15 girls – Registration is first-come, first- served; A wait-list will be utilized once the team is full. Girls are expected to participate twice a week.

Cost: \$40 / participant (use code **LAKESIDE2018** to receive \$40 price with online registration)

Program includes: **GOTR program t-shirt, water bottle, 10 weeks of program materials and lessons delivered by 3 certified GOTR coaches, 5k race entry, end of season 5k completion medal and a season of confidence enhancing lessons and activities your daughter won't forget!**

**Financial aid in the form of scholarships are available based on need and will be awarded on a first come, first served basis. Contact info@gotrrichmond.org for more information. Please apply for scholarships prior to trying to register.*

5k: Sunday, December 9, Toys for Tots 5k - Friends & family encouraged to join!

Girls on the Run of Greater Richmond

Email: info@gotrrichmond.org

Website: <http://gotrrichmond.org>