



What is Girls on the Run?

We inspire girls to be joyful, healthy and confident using a fun, experience based curriculum which creatively integrates running.

Girls on the Run of Ottawa and Allegan Counties

www.gotroac.org—www.facebook.com/gotr.allegan— 616.502.7530

Girls on the Run (GOTR) is an afterschool program for girls in 3rd-5th grades which educates and prepares girls for a lifetime of self-respect and healthy living. GOTR helps provide girls with the tools necessary to make healthy decisions and the knowledge to lead healthy lifestyles. Girls on the Run lessons use running as a tool to teach girls about physical, emotional, mental and social health.

Registration Information

To register, visit WWW.GOTROAC.ORG and click on the 'Registration' tab!

Registration opens: November 1st, 2015 at 9:00am

Registration closes: November 30th, 2015 at midnight

Late registrations are only available on teams with available space

****Please see the reverse side of this flyer for more information****

The 10 week curriculum offers lessons that specifically address some of the issues that will arise during elementary school. Teams of 8-15 girls will engage in in-depth, age appropriate discussions regarding topics such as bullying and gossiping, making healthy choices, keeping promises and self confidence to name a few. Teams meet twice a week at their school with their trained, volunteer coaches to play games, complete projects and use the power of running to learn about themselves and others! The program ends with the girls completing a non-competitive celebration 5K at the end of May!

Registration begins in November for the Spring 2016 season!

- **Team size is limited!**
- **Program start up is in early March!**
- **Practice starts 10 mins after school dismissal and lasts for 90mins!**

******ADULT VOLUNTEERS NEEDED******

Did you know that each team needs 2 volunteer coaches? If you are interested in coaching, please visit our website www.gotroac.org and click on the 'coach' tab for more information!



Girls on the Run[®] of Ottawa and Allegan Counties



Spring 2016 Registration and Scholarship Information

There are two ways to register for the program. Families may choose to register online, *or* at a registration open house.

Team size is limited to 15 girls. In the event that more girls register for a team than there are spots available, **GOTR will use a lottery system to randomly select girls to form a team. Online and paper registrations will be considered equally.**

An affiliate of



Registration Cost:

The cost of the Girls on the Run program is \$120 per girl for the twice per week, ten week program. This fee covers the full cost of one girl's participation which includes: a new pair of New Balance Running shoes, 20 lessons conducted by two certified GOTR coaches, an official Girls on the Run event T-shirt, participation in the 5K Celebration Run/Walk, a water bottle and a Gazelle Sports practice T-shirt. A family that can afford to pay the \$120 registration fee is asked to pay the full amount. **Payment plans** are available. You may choose to pay half (\$60.00) at the time of registration with the balance due on or before February 12th, 2016.

Please note: If paying by credit card, there will be a processing fee. Girls on the Run does not make any money from these fees.

Scholarships:

Participants of Girls on the Run and their families who are not financially able to pay the \$120 cost may request a scholarship. It is essential that each family contribute as much as it can afford. *We depend on the honesty and integrity of each family to contribute as much as they can afford toward the full registration fee so our limited scholarship dollars will reach as many girls as possible.* Families requesting a scholarship need to fill out a scholarship application at an open house or online. **If registering online, be sure to fill out the scholarship application form on our website before filling out the registration form.** Your application will be reviewed and an online code will be emailed to you. You may then use the online code to apply the scholarship toward the registration cost when filling out the registration form. Access the form on our website, www.gotroac.org under the 'Registration' tab. ****We want all families to know that there are scholarships available and no girl is turned away from the program due to an inability to pay****

Remember, you can register online OR at an open house. If you register online, you do *not* need to attend a open house.

To register online, visit WWW.GOTROAC.ORG and click on the 'Registration' tab!

Open House Dates

Be sure to visit our website/ facebook for the most up to date information!

11/3/15	Hamilton Middle School-Hamilton	2:45pm-5:30pm
11/7/15	Center for Women in Transition-Holland	9:00am-12 noon
11/9/15	Pine Trails Elementary-Allegan	3:00pm-5:30pm
11/12/15	Bauerwood Elementary-Jenison	4:00pm-6:00pm
11/16/15	Pine Creek Elementary- Holland	5:30pm-6:30pm
11/17/15	Coopersville South Elementary-Coopersville	3:30pm-6:00pm
11/19/15	Springview Elementary-Springview Cafeteria-Allendale	3:40pm-6:00pm
11/23/15	Hopkins Elementary-Hopkins	3:00pm-5:30pm
11/30/15	Center for Women in Transition-Holland	4:00pm-6:00pm

