

Building Strong Girls



brain



heart



social



body



spirit



Girls on the Run of NOVA
Girls on the Run
sponsored by the Poplar Tree PTA

- Youth development program for **girls grades 3-6**
- Teams of **8-20 girls**
- **10-week curriculum** teaches girls to be strong, healthy and confident
- **Discuss topics** like positive thinking, standing up to peer pressure, positive body image, and healthy relationships
- **Celebratory 5K run** to end the season. Open to friends and family!

How to Register

Register online via our homepage
www.gotrnova.org

January 30
through
February 27

Spring 2017 Season
March 6 - May 21

Program Fees & Financial Assistance

Program fee: \$175

Coaches' Daughters: \$110

Military Discount: \$150

Sibling Discount: \$150 for second child

Fees for Qualifying Families with Financial Need: \$22 or \$75

Season Details

Practice Location Poplar Tree Elementary

On: Tuesdays and Thursdays

From: 3:35-4:35 PM

Your Head Coach is: Kaylin Daniels