

This Week in Girls on the Run!

Week 1 - September, 2022



We set goals and stayed in motion! Girls on the Run participants set lap goals and ran around the La Academia track.

Learning Goals of the Week

Lesson #1: To get to know each other and learn about Girls on the Run.

Lesson #2: To recognize that we have the power to CHOOSE in our attitudes and actions.

GOTR GOAL: *Before our next practice, talk to someone at home or school about a choice you think you are good at and another that you are still working on.*

Practice Highlights

We learned our teammates' names and got to know each other with name games and activities.

We stayed in motion. We ran, jogged, walked, hopped, skipped, and jumped to complete laps around the track.

On Wednesday, we set lap goals and ran 93 laps as a team!

Upcoming Dates

MONDAY PRACTICE: Monday, September 19, 4:15-5:45pm @ La Academia

WEDNESDAY PRACTICE: Wednesday, September 21, 4:15-5:45pm @ La Academia

FINAL 5K RACE: Sunday, September 13th @ MN State Fairgrounds, 9:00am

Information to Think About...

Running Buddies: *Girls...be thinking about who your Running Buddy will be for the final 5K!* A Running Buddy is a trusted adult (family member or friend) invited by a girl to run alongside her at the 5k. All Running Buddies need to register for the 5k.

Community Service Project: Start thinking about ideas for our project this season! What causes are meaningful to you? Email with suggestions. We will begin to discuss ideas in upcoming practices.

Running Gear: As the weather begins to change this fall, be prepared to run in colder weather (jackets, sweatpants, gloves, hats, etc.). Please reach out if you need any running gear.

GOTR Girls of the Week!



Noella

Grade: 4th

Favorite ice cream flavor: mint chocolate chip
Favorite part about Girls on the Run: "It's fun to run!"

Fun fact: Noella has a very cute aussiedoodle dog.

Delainey

Grade: 5th

Favorite ice cream flavor: chocolate chip cookie dough
Favorite part about Girls on the Run: "I like to run...it's so fun!"

Fun fact: Delainey has a dog named Mauer.

PHOTOS







